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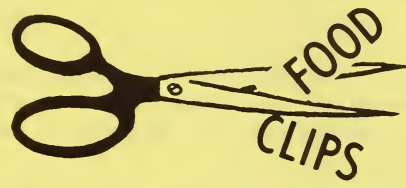
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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Strawberries freeze well -- even without sugar. A dry pack is just fine, too, if you prefer it that way. U. S. Department of Agriculture home economists suggest that you add a bit of crystalline ascorbic acid to a quart of water and cover them -- whichever you prefer.

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If you use ricotta cheese in place of cottage cheese and mozzarella cheese in place of processed cheddar cheese in your Italian lasagna -- you'll really cut down on the calories.

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A nonmetallic wrap should be used for acid foods such as tomatoes.

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When "washing" fruit -- don't let the fruit stand in the water -- some lose food value and flavor that way and some get water soaked.

INSECT-FREE DESIGN —and USDA Regulations

A new sanitary lid for food product containers will be required to prevent the possibility of any dirt or insects entering the glass jars containing meat and poultry products. This new-type lid regulation--announced by the U.S. Department of Agriculture is a result of consumer complaints concerning the quick-twist, screw on--or snap-on-type lids now seen on many meat and poultry products.

The problem on the usual (quick twist, snap-on) lids exists because dirt and insects sometimes collect inside the lip of the jar lid and when the jar is opened and the vacuum seal is broken, the in-rushing air may carry the dirt and insects into the jar. If the space is eliminated between the lid and the container, or a seal placed over the space, the problem could be eliminated. Officials of the USDA's Animal and Plant Health Inspection Service proposed the jar-lid modification in mid-1973 and consumer comments favored this proposal. The change will become effective on December 10, 1975.

PICTURES TELL THE STORY**—Slides and Filmstrips Available—**

Slides can be purchased from the U.S. Department of Agriculture, Office of Communication, Photography Division, Washington, D.C. 20250. The filmstrips can be purchased from Photo Lab, Inc., 3825 Georgia Ave., N.W., Washington, D.C. 20011.

ANN'S ADDITIVE STORY. C-98. 35 frames. Slide set \$13. Filmstrip \$5.50. Provides information on how come chemicals make today's food nutritious, abundant, and safe.

BREAKFAST AND THE BRIGHT LIFE. A-56. 60 frames. Slide set \$14. Taped narration \$1.50. Seeks to motivate youth to improve their nutrition by emphasizing the importance of breakfast to physical and mental performance, attitudes, and health.

GOOD MEALS FOR BUSY DAYS. C-106. 57 frames. Slide set \$14. Filmstrip \$6.50. Shows how to prepare three simple meals with a minimum of time and labor. Basic points brought out are planning meals ahead, use of convenience foods, family cooperation, the use of equipment, and use of tested recipes.

HOW FOOD AFFECTS YOU. C-156. 47 frames. Slide set \$13. Filmstrip \$5.50. Tells which foods do what for your body in simple terms. What makes your hair shiny, your cheeks rosy.

HOW TO BUY BEEF. C-123. 33 frames. Slide set \$13. Filmstrip \$5.50. Cassette \$3. Designed to help consumers buy beef by USDA grade and by cut.

HOW TO BUY EGGS. C-139. 40 frames. Slide set \$13. Filmstrip \$5.50. Cassette \$3. Gives information for consumers on how to buy eggs by USDA grades and weight classes.

IMPROVING TEENAGE NUTRITION. C-116. Slide set \$13. Filmstrip \$5.50. Helps recognize the need for improving nutrition in teenagers and helps plan ways to improve teenage nutrition. Emphasis is placed on the importance of establishing proper eating habits for teenagers.

SELECTING AND BUYING FOOD FOR THE YOUNG FAMILY. C-121. 36 frames. Slide set \$13. Filmstrip \$5.50. Acts as a guide to a home-maker in deciding how to serve nourishing meals to her family. Gives hints on how to economize on the family budget while shopping for groceries.

WEIGHT CONTROL (The Oopsies). C-74. 22 frames. Slide set \$13. Filmstrip \$5.50. Story of two simple artwork characters who discover they have allowed themselves to get overweight. They tell why people get fat, why people want to reduce, and what helps most.

FEDERAL PROPOSALS

—and the Consumer

When the U.S. Department of Agriculture (USDA) proposes changing its meat and poultry inspection regulations, it must, by law, announce its intention in the Federal Register. In addition, USDA's Animal and Plant Health Inspection Service (APHIS) issues a press release that gives a brief description of the proposal and, through the media, invites consumers and industry to comment.

What kind of proposals are made? A recent example might be the Net Weight Regulation of Meat and Poultry Products, or Ingredient Standards for Hot Dogs -- frequently there is wide consumer interest so the stories attract media attention.

But -- what happens after the story is printed or aired? Do consumers write in -- and does the weight of their combined opinions have an effect on the final regulation? Follow the steps of a proposal such as the net weight regulation -- (Note: Net weight means weight of all nutritious contents suitable for food. Total weight less container and non-nutritious packing media [any nutritive or non-nutritive material such as brine, water, gelatin, etc. that is added in addition to the main food product].)

- Step 1: Proposed regulation is printed in the Federal Register.
- Step 2: Press release asking for comments goes to newspapers, radio and TV outlets.
- Step 3: Comment period set to end on a certain date-- in this case, April 5, 1974 was the date. Response was so great on this proposal the time was extended -- as it may be if warranted -- to May 31.
- Step 4: A series of briefings (an open discussion on the purpose of such proposals and the effect it will have on the consumer) was held with consumer leaders, members of the press and representatives of the meat and poultry industry. These meetings were held in Washington, D.C., New York, Atlanta, San Francisco, Chicago, Dallas, and Boston.

Nearly 800 comments -- several in the form of petitions with up to 90 signatures each were received. APHIS staff members carefully went over all the comments and USDA officials noted that several significant changes will be made in response to public opinion. A revised proposal will be issued in the near future.

FEDERAL PROPOSALS -- and the Consumer

If you'd like to express your opinion to USDA, there are a few points to keep in mind to make your comments carry full weight in the rule-making process.

- If possible, get a copy of the Federal Register notice so you will understand what the proposal really says. Copies should be available at the library, or the county court house. If not, write APHIS, Room 1166-S, USDA, Washington, D.C. 20250.
- When you write your comment, clearly indicate which proposal you are referring to.
- Tell why you feel the way you do, citing specific points and avoiding vagueness and generalities.
- Type, print, or write legibly. Comments that can't be read don't have much impact.
- Send your comment, in duplicate, to the Hearing Clerk, USDA, Washington, D.C. 20250.
- Do it now. Chances are, if you put it off, you won't comment at all. If the matter is important to you, you can't afford to depend on someone else to express your opinion for you.

Remember these tips. If you're interested in the outcome of any proposal, send your opinions in. It's one sure way you can have a voice in your government.

NATIONAL FARM SAFETY WEEK, 1974

The week of July 25, 1974 has been proclaimed as National Farm Safety Week. Alertness, Balance, and Care are the "ABC's of Avoiding Falls." It's promoted by the National Safety Council in cooperation with the U.S. Department of Agriculture.

NOTE:

Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.